

0 74312 07580 3

Prod. No. 7580
B5141911G CAZ

NATURE'S BOUNTY

Beauty Starts On The Inside™

Hair, Skin & Nails

3000mcg of Biotin!
per serving**With Vitamin C, Vitamin E, & Calcium****60 coated caplets** DIETARY SUPPLEMENT**DIRECTIONS:** For adults, take three (3) caplets daily, preferably with meals.

Supplement Facts

Serving Size 3 Caplets

Servings Per Container 20

Amount Per Serving	%Daily Value
Vitamin A (as Retinyl Palmitate)	5,000 IU 100%
Vitamin C (as Ascorbic Acid)	120 mg 200%
Vitamin D (as D3 Cholecalciferol)	100 IU 25%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	15 IU 50%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	5 mg 333%
Riboflavin (Vitamin B-2)	2 mg 118%
Niacin (as Niacinamide)	25 mg 125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg 250%
Folic Acid	200 mcg 50%
Vitamin B-12 (as Cyanocobalamin)	8 mcg 133%
Biotin (as d-Biotin)	3,000 mcg (3 mg) 1,000%
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg 150%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	715 mg 72%
Iron (as Ferrous Gluconate)	3 mg 17%
Phosphorus (as Dicalcium Phosphate)	150 mg 15%
Iodine (as Potassium Iodide)	112.5 mcg 75%
Magnesium (as Magnesium Oxide)	100 mg 25%
Zinc (as Zinc Gluconate)	7.5 mg 50%
Selenium (as L-Selenomethionine)	12.5 mcg 18%
Manganese (as Manganese Gluconate)	5 mg 250%
Sodium	5 mg <1%
PABA (Para-Aminobenzoic Acid)	25 mg *
Choline Bitartrate	25 mg *
Inositol	30 mg *
Citrus Bioflavonoids (Citrus spp.) (orange)(fruit)	25 mg *
Rutin	12.5 mg *
Horsetail Powder (<i>Equisetum arvense</i>) (aerial)	3 mg *
Betaine Hydrochloride	25 mg *
Collagen (Hydrolyzed Gelatin)	45 mg *
Chlorophyllin	5 mg *

*Daily Value not established.

Other Ingredients: Vegetable Cellulose. **Contains <2% of:** Silica, Vegetable Magnesium Stearate.**No Artificial Color or Flavor, No Sugar, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish.****WARNING:** If you are pregnant, nursing, taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18. Store at room temperature. Do not use if seal under cap is broken or missing.

Carefully Manufactured by NATURE'S BOUNTY, INC.

Bohemia, NY 11716 U.S.A.

©2012 Nature's Bounty, Inc.



For educational health tips

and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com

Nutrition Questions or Comments?

Call 1-800-433-2990

Mon. - Sat. 9 AM - 7 PM ET

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.